



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

### NUTRITION PER SERVING:

<b>CALORIES</b>	248
<b>PROTEIN</b>	20 G
<b>CARBOHYDRATE</b>	36 G
<b>TOTAL FAT</b>	2 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	12 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	3 CHICKEN STRIPS, ¼ C SAUCE

### FOR CHICKEN:

<b>½ TSP</b>	REDUCED-SODIUM CRAB SEASONING (OR SUBSTITUTE ¼ TSP PAPRIKA AND ¼ TSP GARLIC POWDER FOR A SODIUM-FREE ALTERNATIVE)
<b>¼ TSP</b>	GROUND BLACK PEPPER
<b>1 TBSP</b>	WHOLE-WHEAT FLOUR
<b>12 OZ</b>	BONELESS, SKINLESS, CHICKEN BREAST, CUT INTO 12 STRIPS
<b>2 TBSP</b>	FAT-FREE (SKIM) MILK
<b>1</b>	EGG WHITE (OR SUBSTITUTE 2 TBSP EGG WHITE SUBSTITUTE)
<b>3 C</b>	CORNFLAKE CEREAL, CRUSHED

### FOR SAUCE:

<b>¼ C</b>	KETCHUP
<b>¼ C</b>	100 PERCENT ORANGE JUICE
<b>¼ C</b>	BALSAMIC VINEGAR
<b>2 TBSP</b>	HONEY
<b>2 TSP</b>	DELI MUSTARD
<b>1 TSP</b>	WORCESTERSHIRE SAUCE



# CRUNCHY CHICKEN FINGERS WITH TANGY DIPPING SAUCE

TRY THIS FAMILY CLASSIC, MADE HEALTHIER WITH BAKED CHICKEN AND A YUMMY DIPPING SAUCE

- 01 Preheat oven to 400 °F.
  - 02 Mix crab seasoning, pepper, and flour in a bowl.
  - 03 Add chicken strips, and toss well to coat evenly.
  - 04 Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
  - 05 Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
  - 06 Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).
  - 07 Meanwhile, prepare the sauce by combining all ingredients and mixing well.
  - 08 Serve three chicken strips with ¼ cup dipping sauce.
- ✓ Younger children can crush the cornflakes. Older children can dredge the chicken through the coating and mix the tangy sauce.